

**Beebe Healthcare**  
**Margaret H. Rollins School of Nursing**  
**Nursing 102-Nursing Care of Adults**  
**Research Paper: Topical Outline Template**

1. **Title of the paper:** Heart Failure
2. **Thesis Statement:** Heart failure is a progressive condition that requires prevention, early intervention and effective management throughout the progress of lifestyles changes that come along as a result of heart failure.
3. **Introduction:**
  - a. Key points/ background information
    - i. What is Heart Failure?
    - ii. Types of Heart Failure (systolic vs. diastolic)
    - iii. Prevalence and Impact
  - b. Thesis Statement
    - i. Heart failure is a progressive condition that requires prevention, early intervention and effective management throughout the progress of lifestyles changes that come along as a result of heart failure.
4. **Body of the paper:**
  - a. **Statement of the Problem**
    - i. Overview of the problem
      1. Pathophysiology of heart failure
      2. Heart failure often develops due to comorbidities and cardiovascular condition that are poorly managed
      3. Diagnostics and management of heart failure
    - ii. Significance of the topic
      1. Providing information about the two types of heart failure (treatments, management, and prevention options differences for the two types of heart failure)
      2. Awareness, many individuals may be experiencing heart failure but may not be aware of the detrimental effects of heart failure
      3. Providing statistics to provide real life information, potential eye-opening to encourage healthy lifestyle habits
    - iii. Statistical information
      1. In the United States, nearly 6.7 million adults 20 years old or older have heart failure
      2. In 2022, heart failure was mentioned on 457,212 death certificates (and responsible for 13.9% of all causes of death)
      3. The lifetime risk of heart failure has increased to 24%, approximately 1 in 4 persons will develop heart failure in their lifetime
    - iv. If left untreated how would this affect the nursing community?
      1. Poor patient outcomes

2. Increased census of individuals with heart failure

**b. Risk Reduction/ Treatment of the Problem**

- i. Prevention
  1. Hypertension Screening
  2. Lifestyle Modification (Diet, exercise, weight management, etc.)
  3. Managing Diabetes
- ii. Screening
  1. Echocardiogram
  2. Electrocardiography (EKG)
  3. Cardiac Catheterization
  4. 12-lead EKG
  5. BNP & Troponin
- iii. Treatment
  1. Pharmacotherapy (ACE inhibitors, Beta-blockers, Diuretics, etc.)
  2. Device therapy (Left ventricle assist device, pacemaker, and implantable cardioverter-defibrillator)
  3. Cardiac resynchronization therapy (CRT)
- iv. What is the impact this research has on patient care?
  1. Allowing for early intervention can reduce the progression of heart failure leading to improved patient prognosis
  2. Awareness about heart failure is significant for patient outcomes. Allowing patients to understand signs and symptoms along with risk factors of heart failure.
  3. Improved quality of life as individuals take initiative for self-prevention.

**c. Teaching**

- i. 2 learning objectives for the learner
  1. Understanding the pathophysiology of heart failure
  2. Identify clinical manifestation along with treatment options
- ii. Teaching strategies/ methods you will utilize
  1. Hands-on learning
  2. Discussions
  3. Questionnaire/survey
- iii. Teaching tools you will utilize
  1. Handouts (Types of heart failure, prevention, treatment, signs and symptoms, etc.)
  2. Simulated blood flow through the heart, providing education how blood flow is disturbed depending on types of heart failure
  3. Screening (Blood pressure and/or blood glucose testing)

**5. Conclusion**

- a. Summarize the main points of the paper
  - i. What is heart failure?

- ii. What might lead an individual to finding out they're experiencing heart failure?
  - iii. How would an individual manage heart failure?
- b. How does this information apply to evidence-based nursing practice?
  - i. Early recognition of symptoms and/or patient comorbidities that may lead to heart failure
  - ii. Patient education (lifestyle changes, treatment adherence, etc.)
  - iii. Improved patient outcomes (physically and mentally)
- c. What is the importance of this paper?
  - i. Provides an understanding of the pathophysiology of the heart along with the etiology behind heart failure
  - ii. Emphasizes the importance of prevention and screening to manage heart failure
  - iii. Provides treatment options and recommendations for individuals with heart failure or even a family history of heart failure